RESEARCH PROPOSAL

Spiritual intelligence: from languishing to flourishing and mediating effect of mindfulness

For registration to the degree of

Doctor of philosophy

In the faculty of

ARTS & SOCIAL SCIENCES

THE IIS UNIVERSITY, JAIPUR

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Spirituality

"Just as candle cannot burn without fire, men cannot live without a spiritual life." Buddha

Spirituality is a broad concept. It can be understood with different perspective and interpretation. It is primarily difficult to explain because every individual has a unique inner pathway. This pathway is made up of individual's unique circumstances, experiences, feelings, thoughts & choices.

The origin of word spiritual is from Latin word 'spiritus' meaning breath. Breathing, an essential element of human life, thus informs that spirituality has something to do with essence of living.

The definition of spirituality as stated by Oxford Dictionary is "Relating to or affecting the human spirit or soul as opposed to material of physical things."

Spirituality can also be understood as the process of awakening form ordinary consciousness, rising above the ego and awakening to larger consciousness. It can mean expanding the mind beyond limitations, thoughts and limited viewpoints about life and the Universe. It is about experiencing inner peace and bliss in everyday life.

"Spirituality is the aspect of humanity that refers to the way individuals seek and express meaning and purpose and the way they experience their connectedness to the moment, to self, to others, to nature, and the significant or sacred" (Puchalski et al., 2014)

Experiencing Spirituality

An individual can experience spirituality in various ways as follows-

- Living in the moment and controlling the wandering thoughts.

- Through meditation, it helps in achieving a peaceful state of mind and reflecting on thoughts.
- Performing act of kindness and being proactive also helps in growing as a spiritual being.
- By loving yourself and others.
- Spending time with nature have positive impact on individual. It helps in to connect with the true nature of oneself.

Spiritual Intelligence

Zohar (1997) coined the term 'Spiritual Intelligence' and introduced the idea of it as the intelligence that makes us whole, that gives us our integrity. It is the soul's intelligence, the intelligence of the deep self.

Spiritual Intelligence is our capacity for developing meaning, vision and value. It underlies the things we believe in and the role our beliefs and values play in the actions that one take.

Spiritual intelligence is to realize who you are and to live life in that awareness. According to Vaughan (2002) "Spiritual intelligence is concerned with the inner life of mind and spirit and its relationship to being in the world."

King (2008) defines spiritual intelligence as a set of adaptive mental capacities based on non-material and transcendent aspects of reality, specifically those that:"...contribute to the awareness, integration, and adaptive application of the nonmaterial and transcendent aspects of one's existence, leading to such outcomes as deep existential reflection, enhancement of meaning, recognition of a transcendent self, and mastery of spiritual states."

King (2008) further proposes four core abilities or capacities of spiritual intelligence

1) Critical Existential Thinking – It is defined as "the capacity to critically contemplate the nature of existence, reality, the universe, space, time, death, and other existential or metaphysical issues". In other words, it could be understood as thinking about one's own existence, understanding the matters of life, death, reality, consciousness and alike. Spirituality and spiritual intelligence are often broader of which existential thinking is an essential dimension.
2) Personal Meaning Production - The second dimension has been defined and characterized "as the ability to construct personal meaning and purpose in all physical and mental experiences, including the capacity to create and master a life purpose". In other words, it is equivalent to attaching a reason to your existence, making most out of one's existence by finding a purpose.
3) Transcendental Awareness - The capacity to identify transcendent dimensions/patterns of the self (i.e., a transpersonal or transcendent self), of others, and of the physical world (e.g., nonmaterialism) during normal states of consciousness, accompanied by the capacity to identify their relationship to one's self and to the physical.
4) Conscious State Expansion - The ability to enter and exit higher states of consciousness (e.g. pure consciousness, cosmic consciousness, unity, oneness) and other states of trance at one's own discretion. The state as in deep contemplation, meditation, prayer.

Kumar and Mehta (2011) have also researched the concept, extensively. Operationalizing the construct, they defined spiritual intelligence as "the capacity of an

individual to possess a socially relevant purpose in life by understanding 'self' and having a high degree of conscience, compassion and commitment to human values.

Flourishing

Flourishing is one of the most important topics studied in positive psychology. It holds the key to improving the quality of life for people around the world.

Flourishing not only includes only happiness or well-being; it encompasses a wide range of positive psychological constructs like resilience, self-acceptance, optimism etc. and offers a more holistic perspective on what it means to feel well and happy.

According to the "founding father" of flourishing, Seligman, flourishing is the result of paying careful attention to building and maintaining the five aspects of the PERMA Model.

The PERMA model is a model Seligman developed to explain what contributes to a sense of flourishing. The five factors in this model are positive emotions, engagement, relationships, meaning and accomplishment (Seligman, 2011).

Diener et al. (2010) has given a handy scale of measuring flourishing. It offers a good alternative to Seligman's five pillars. It measures the respondent's self-perceived success in important areas such as

- Relationships
- Self-esteem
- Purpose
- Optimism.

The scale provides a single psychological well-being score.

Relationships

"How we behave towards others determines the quality of our life" (Das, 2018). Relationship doesn't hold up to only romantic relationship. It includes relationship between parent and children, friendships, social relations, professional relations etc.

As humans, the relationships we form with other people are vital to our mental and emotional wellbeing, and really, our survival. Humans have an inherent desire to be close to other people. To connect and build relationships. That is because healthy relationships can help make for a healthier overall life.

A positive relationship can be shared between any two people who love, support, encourage and help each other practically as well as emotionally. In no particular order, people in healthy relationships tend to:

- Listen to each other
- Communicate openly and without judgment
- Trust and respect each other
- Consistently make time for each other
- Remember details about each other's lives
- Engage in healthy activities together

It's natural for humans to want to feel needed, and like they're part of something bigger. Many people strive to feel like they're doing something good for someone else, and improving the world in some way. Being in a loving relationship, no matter what kind, can give a person a sense of well-being and purpose.

Purpose in Life

Life purpose consists of the central motivating aims of one's life—the reasons one gets up in the morning. Purpose can guide life decisions, influence behavior, shape goals, offer a sense of direction, and create meaning.

Purpose will be unique for everyone; what one individual identify as path may be different from others. The purpose can actually shift and change throughout life in response to the evolving priorities and fluctuations of each person's own experiences.

Questions that may come up when one reflects upon their life purpose are:

- Who am I?
- Why am I here?
- What really matters? (Vaughan, 2000)

Question about life purpose may arise any time in life, but they are especially prevalent during the time of crisis or transition – for example, a career or educational change, personal loss, or long-distance move.

True purpose is about recognizing your own gifts and using them to contribute to the world—whether those gifts are playing beautiful music for others to enjoy, helping friends solve problems, or simply bringing more joy into the lives of those around you. When authentic purpose becomes clear, then it can be shared with the whole world.

Self-Esteem

Self-esteem sometimes referred to as self-worth, can be an important part of success. Too little self-esteem can leave people feeling defeated or depressed. It can also lead people to make bad choices, fall into destructive relationships, or fail to live up to their full potential. Too much self-esteem, as exhibited in narcissistic personality disorder, can certainly be off-putting to others and can even damage personal relationships.

Signs of high/low self-esteem

Self-esteem levels at the extreme high and low ends of the spectrum can be harmful, so ideally, it's best to strike a balance somewhere in the middle. Therefore, having a healthy self-esteem can help you achieve because you navigate life with a positive, assertive attitude and believe you can accomplish your goals.

High Self-Esteem	Low Self-Esteem
Confidence	Lack of confidence
Ability to say no	Feeling of shame, depression, anxiety
Positive outlook	Negative outlook
Ability to see strength and accept weakness	Focus only on weakness
Negative experience doesn't impact overall perspective	Belief that others are better than oneself
Ability to express needs	Inability to express needs

Those ones whose self-esteem is high have naturally positive thinking's and comments in their lifestyle. In the other hand, having a positive prosperity in life meaning that the person has a high potential self-esteem (Cowilliamz, 2007).

Optimism

Optimism is a form of positive thinking that includes the belief that one is responsible for their own happiness. People who are optimists tend to focus on the positive side of things rather than the negative.

Optimists believe in themselves and their abilities, they expect good things to happen. They see negative events as minor setbacks which can be easily overcome. They see positive events as evidence of further good things to come. Optimists are more proactive with stress management and work harder at it.

"Optimism helps to deal with problem constructively" (Das, 2018)

Optimism does not mean ignoring the problem, but it means hoping that things will change for better in future.

Advantage of being optimistic

A person who is optimistic has advantage over others in following-

- Happier life
- Healthier life
- Less stress
- Reducing the tendency of getting some dangerous disease.

Mindfulness

According to the American Psychological Association (APA.org, 2012), mindfulness is "a moment-to-moment awareness of one's experience without judgment. In this sense, mindfulness is a state and not a trait."

Mindfulness is a state that can be brought on through practice. It's not static, nor are some people 'born more mindful' than others. It involves awareness, and impartiality about what we gain from this awareness.

"Mindfulness isn't just about knowing that you're hearing something, seeing something, or even observing that you're having a particular feeling. It's about doing so in a certain way—with balance and equanimity, and without judgment. Mindfulness is the practice of paying attention in a way that creates space for insight" (Salzberg, 2015).

Benefits of Mindfulness

Practicing mindfulness has various benefits which includes-

- Coping up with depression
- Manage physical pain
- Better memory retention
- Helps switching emotions to a more positive outlook
- Helps to become a happier person
- Help sleep better
- Potentially, build resilience
- Helps not to get easily distracted from non-task activities.

In terms of relationships, it has positive implications for how one communicates and relate to those around them. However, to reap the benefits of mindfulness, one needs to

practice the method which suits them the best. Through practice, whether it be an intervention or meditation, one can learn to cultivate the state of mind that let them to be mindful when the need the most. Psychological evidence suggests that being able to practice mindfulness can foster greater relationship satisfaction by increasing ability to deal with stress when conflict arises (Barnes et al., 2007)

Mindfulness has many empirically demonstrated benefits. For physical health and mental well-being, for treating illnesses, and managing the all-too-common symptoms of stress and anxiety. And, perhaps, one of the very best things about mindfulness is that it can be tapped into this state of being almost anywhere.

Spiritual Intelligence

- Kimiyayi and Daryaee (2016) conducted a study on “Relationship between spiritual intelligence, emotional intelligence with occupational performance, the guidance school teachers' occupational performance in Shiraz educational system organization”. The purpose of this study was to explain the relationship between spiritual intelligence, emotional intelligence with occupational performance the guidance school teachers' occupational performance in Shiraz educational system organization. The results indicated a significant relationship between variables of spiritual intelligence, emotional intelligence and occupational performance. Spiritual intelligence showed a stronger role in occupational performance.
- Vafaeeyan, Ruzbahane, Bashiri, Tehrani And Khademi (2015) conducted a study on “Spiritual intelligence with the happiness in physical education students.” The purpose of the present study was to examine the relationship between spiritual intelligence and happiness in the students of Azad University of Ardabil. Analysis of the results showed that there was a significant difference between the mean of different groups of students. This means that by increase in score of spiritual intelligence, the happiness scores were also increased.
- Singh and Sinha (2013) conducted a study on “Impact of spiritual intelligence on quality of life”. Results of study indicated that the people in high age bracket had relatively higher spiritual quotient as compared the younger group. Quality of life was higher in most of the cases where spiritual quotient was high.

Spiritual Intelligence and Relationship

- Arbabisarjou, Hesabi, Homaei, Omeidi and Arish (2016) conducted a study on "The relationship between spiritual intelligence, emotional intelligence among students at Isfahan University of medical sciences with the concentration on improvement of social relations". The findings suggested that there is a significant positive relationship between spiritual intelligence and emotional intelligence and it leads to better social relationship.

- Zadeh and Tabrizi (2014) conducted a study on "Study of predicting marriage satisfaction based on emotional intelligence, spiritual intelligence and self-efficiency". The study was performed aiming at investigating the role of emotional intelligence, spiritual intelligence and self-efficacy in marriage satisfaction. The finding of research showed that there is a significant positive relationship between three variables of emotional intelligence, spiritual intelligence and self-efficacy with marriage satisfaction.

- Rostami and Gol (2014) conducted a study on "Prediction of marital satisfaction based on spiritual intelligence". The aim of study was to predict marital satisfaction based on spiritual intelligence. The results indicated that, the inner core of spiritual intelligence, the element of spiritual life had the largest contribution to the prediction of the marital satisfaction variance.
- Zarei and Ahmadisarkhooni (2013) conducted a study on "Relationship between spiritual quotient and marital satisfaction level of men, women and couples referred to consultancy center of Bandar Abbas". The aim of this research is to determine the relationship between Spiritual Quotient parameters including understanding, life origin, and spiritual life and marital satisfaction of couples in Bandar Abbas City. The

result showed that spiritual quotient can be utilized to improve the quality of marital life of couples.

- Mohammadyari (2012) conducted a study on “Relationship between parent’s spiritual intelligence, level of education and children’s mental health”. The goals of the study were to survey the level of children's mental health based on their parent's spiritual intelligence and to survey the relationship of parent's demographic characteristics with their spiritual intelligence and children's mental health. The study results showed that level of the children's mental health is different based of the parent's spiritual intelligence and when parents have a higher spiritual intelligence, their children's level of mental health is high than the children who have parents with lower spiritual intelligence.
- Moosa and Ali (2011) conducted a study on “The study of relationship between parenting style and spiritual intelligence”. The aim of the present study was to examine the relationship between parenting styles and spiritual intelligence among high school students. The result showed that parenting style can predict spiritual intelligence.

Spiritual Intelligence and Self-Esteem

- Alaei, Zabihi, Ahmadi, Doosti and Saberi (2017) conducted a study on “Emotional intelligence, spiritual intelligence, self-esteem and self-control of substance abuse”. The study aims to investigate the relationship between emotional intelligence, spiritual intelligence, self-esteem and self-control on men with addiction in rehabilitation center of Tehran. The study suggested that there is positive relationship between emotional intelligence, spiritual intelligence, self-esteem and substance abuse self-control.

- Sharma and Arif (2015) conducted a study on "Spiritual intelligence, self-esteem and mental well-being". The present study suggested that spiritual intelligence has relationship with self-esteem and mental health status of adolescents. It was further stated that enhancement of spiritual intelligence can be taken as strategy for promotion and prevention of psychiatric problem among adolescents and for enhancement of quality of life.

- Pourfarokh (2014) conducted a study on "Study of the relationship between spiritual intelligence and self-esteem with ways of stress coping styles in university students". The main purpose of the study is to evaluate the relationship between the spiritual intelligence and self-esteem with the patterns of overcoming stress among the college students. The findings showed that there is a significant relationship between spiritual intelligence and self-esteem. The variable correlation of the spiritual intelligence and self-esteem and the variable correlation of the spiritual intelligence and ways of coping stress are positive.
- Khadivi, Adib and Farhanghpour (2012) conducted a study on "Relationship between spiritual intelligence and self-esteem with students' educational improvement". The results of the study indicated that there was a significant and direct relationship between spiritual intelligence and students' self-esteem. The spiritual belief, the capability of dealing with problems, self-consciousness, interest and moral beliefs consist the 46% of students' self-esteem.

Spiritual Intelligence and Purpose in Life

- Khalajani and Farhangi (2017) conducted a study on "Relationship between spiritual intelligence components and individual identity in students of foreign language in Tehran". The findings of the study showed a meaningful correlation between spiritual

intelligence sub scales and identity status. A significant positive correlation was observed between inner directness, meaning and truth on one hand and individual identity status on the other. Hence, focusing on these three spiritual intelligence components can help individual acquire the achievement identity and avoid identity diffusion.

- Ahoei, Faramarzi and Hassanzadeh (2017) conducted a study on "The relationship between spiritual intelligence and psychological well-being in women with breast cancer". The result suggested that there is a positive relationship between spiritual intelligence and psychological well-being. It is recommended for cancer treatment center and cancer support centre to improve the skills of spiritual intelligence in women with breast cancer, especially in terms of personal meaning production, to promote psychological well-being.
- Sahebalzamani, Farahani, Abasi and Talebi (2013) conducted a study on "The relationship between spiritual intelligence with psychological well-being and purpose in life of nurses". The results showed that there was a significant relationship between spiritual intelligence with psychological well-being and having a purpose in life. Furthermore, there was a significant association between the components of spiritual intelligence including conscious state expansion, personal meaning production, transcendental awareness, and critical existential thinking with psychological well-being.
- Litwinczuk and Groh (2007) conducted a study on "The relationship between spirituality, purpose in life and well-being in HIV positive persons". This descriptive cross-sectional study was designed to examine the relationship between spirituality, purpose in life and well-being in HIV positive men and women. The result suggested that spirituality was significantly correlated with purpose in life. It further suggested that spirituality and purpose in life offers the potential for designing nursing

interventions and care delivery approaches that support psychological adaptation to HIV.

Spiritual Intelligence and Optimism

- Tankamani and Shahidi (2016) conducted a study on "The relationship between spiritual intelligence, optimism and happiness in university students". The study suggested that there is a significant positive relationship between spiritual intelligence and optimism. It also suggested a positive relationship between spiritual intelligence and happiness.
- Rahimi (2016) conducted a study on "A relationship between spiritual intelligence and psychological capital with academic performance among students in Kashan university of medical sciences". The study suggested that there is a positive relationship between spiritual intelligence and higher psychological capital. Also, there is significant positive relationship between spiritual intelligence and academic performance. The term psychological capital in the study includes self-efficacy, optimistic attitude, hope and resiliency.

- Behloli, Motlag, Farashah, Fard and Naei (2015) conducted a study on "Examine the role of spiritual intelligence on optimism and psychological well-being of teachers in city Taibah of Iran". The results of the study suggested that providing support factors to enhance the spiritual intelligence can lead to optimism and psychological well-being.
- Monafred and Naderi (2015) conducted a study on "Relationship between religious attitude, optimism, spiritual intelligence and mental hygiene of post graduate students of Islamic Azad University". The result indicated that spiritual intelligence and optimism were good predictors of students' mental hygiene.

- Mahasneh, Shammout, Alkhazaleh, Abueita and Alwan (2015) conducted a study on "The relationship between spiritual intelligence and personality traits among Jordianian university students". The regression analysis result indicated that critical existential thinking is the first predictor dimension of spiritual intelligence in terms of extraversion, openness to experience, agreeableness, and conscientiousness. The factor agreeableness include person with warm, friendly and optimistic attitude toward life.

Spiritual Intelligence and Mindfulness

- Wojujutari, Alabi, Emmanuel and Olugbenga (2018) carried a study on "Spiritual Intelligence and mindfulness as moderators of relationship between psychological well-being and psychosocial adjustment of pregnant women". The results showed that spiritual intelligence significantly moderate relationship between psychological well-being and psychosocial adjustment of pregnant women. The results also showed a significant moderation of mindfulness on psychological well-being and psychosocial adjustment relationship of pregnant women. It was concluded that the relationship between psychological well-being and psychosocial adjustment emerges in pregnant women by level of spiritual intelligence and mindfulness.
- Nemati, Vargahan, Mohamadloo and Ghanbari (2017) conducted a study on "The role of mindfulness and spiritual intelligence on students' mental health". The study concluded that the students can be more capable of coping with existing traumas and pressures by boosting their spirituality, consciousness, and mindfulness.
- Salmabadi, Khamesan, Usefynezhad and Sheikhipoor (2016) conducted a study on "The mediating role of spiritual intelligent in relationship of mindfulness and resilience". The results showed that the direct effects of mindfulness and spiritual intelligence on resiliency, and direct effect of mindfulness on spiritual intelligence are meaningful. The results show that by increasing the mindfulness one can increase moral Spiritual while leading to rising people resiliency.
- Agarwal and Mishra (2016) conducted a study on "Relationship between mindfulness and spiritual intelligence among bank employees". The results revealed a statistically significant positive relationship between mindfulness and spiritual intelligence. Correlation analysis between mindfulness and the four sub scales of spiritual intelligence namely critical existential thinking, personal meaning production,

conscious state expansion and transcendental awareness all revealed a low to moderately positive statistically significant relation.

- Subramaniam and Panchanatham (2015) conducted a study on "Impact of spiritual intelligence and mindfulness on organizational citizenship behaviour". The purpose of this study was to explore the relationship among spiritual intelligence, mindfulness and organizational citizenship behaviour. The findings suggested that there is a significant positive relationship among spiritual intelligence, mindfulness and organizational citizenship behaviour.
- Gieseke (2014) conducted a study on "The relationship between spiritual intelligence, mindfulness and transformational leadership among public higher education leaders". The results suggest that statistically significant relationship exists between spiritual intelligence, mindfulness and transformational leadership.

Studies on Spiritual Intelligence, Flourishing and Mindfulness

- Bambacus (2018) conducted a study on "An intervention study on mindfulness meditation and mindfulness, stress, flourishing, and academic achievement in first year experience seminar". The results of study suggested that there is a significant positive relationship between mindfulness and flourishing. It further added that there is a significant negative relationship between stress and both mindfulness and flourishing. There is a significant positive relationship between GPA and both mindfulness and flourishing.

RATIONALE OF STUDY

People nowadays have been experiencing an amplified preference towards the gratification of their spiritual needs apart from the physical ones. This is particularly to get a feeling of psychological comfort. While talking of psychological comfort or relaxation, youth are the most obvious target population that comes to mind. Youth is a phase in the life cycle, in which they do not consider themselves to be too young to be pampered, and they are not supposed to be old enough to take every responsibility on their own shoulder. Apart from this muddle, this phase poses many obstacles to personal growth. Failure to deal successfully with these obstacles may have a negative impact on a person's physical and psychological well-being. It ranges from depressing feelings that start interfering in their daily activities to erosion of their productivity in various parts of life. The increased quest for contentment has encouraged people to understand well-being in a much broader range of states and outcomes. Spiritual intelligence results in a sense of deeper meaning and purpose, combined with improvements in a wide range of important life skills and work skills. Spiritual intelligence is our capacity for developing meaning, vision and value. If during obstacles, people have a positive relationship with their parents, friends or significant others, it helps them to fight back in those situations more constructively. Positive relationship provides emotional support that helps individual persist with hard things. This bounce back from downward phase of life fills them with more self-acceptance and positive outlook towards life. Furthermore, if an individual applies conscious awareness of what they are doing and what they are thinking at every moment, they tend to receive proper insight in the difficult situation. This insight assists them to device purpose of their life and they work hard to reach it. It will help in eliminating mental and emotional suffering and also help reveal the true nature of themself. Thus, individual flourish in life and live life to fullest. In the present study, these variables are studied to assess the relationship among them.

Methodology

Objective: -

- To study the relationship between spiritual intelligence and relationship.
- To explore the relationship between spiritual intelligence and purpose in life.
- To evaluate the relationship between spiritual intelligence and self-esteem.
- To find the relationship between spiritual intelligence and optimism.
- To explore the mediating effect of mindfulness on the relationship between spiritual intelligence and relationship.
- To find the mediating effect of mindfulness on the relationship between spiritual intelligence and purpose in life.
- To study the mediating effect of mindfulness on the relationship between spiritual intelligence and self-esteem.
- To evaluate the mediating effect of mindfulness on the relationship between spiritual intelligence and optimism.

Hypotheses: - It is hypothesized that-

H1: There will be positive significant relationship between Spiritual Intelligence and Relationship

H2: There will be positive significant relationship between Spiritual Intelligence and Purpose in Life

H3: There will be positive significant relationship between Spiritual Intelligence and Self-Esteem

H4: There will be positive significant relationship between Spiritual Intelligence and Optimism

H5: Mindfulness will mediate the relationship between Spiritual Intelligence and Relationship

H6: Mindfulness will mediate the relationship between Spiritual Intelligence and Purpose in Life

H7: Mindfulness will mediate the relationship between Spiritual Intelligence and Self-Esteem

H8: Mindfulness will mediate the relationship between Spiritual Intelligence and Optimism

Sample: - Sample for the present study will comprise of youth (18 – 24 years of age) including both, males and females from different private college from Jaipur.

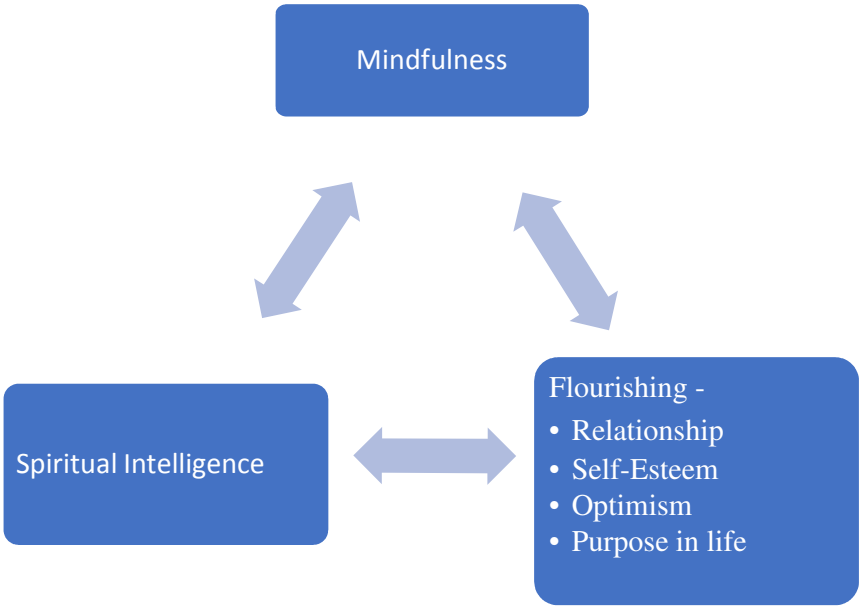
Inclusion Criteria:

- 18-24 years age group,
- No psychological or physical ailment,
- Knowledge of English

Exclusion Criteria: Those who are not meeting inclusion criteria will be excluded.

Research Design

The suggested research design is a causal research design: -a mediational design will be used to study the mediating effect of mindfulness on the flourishing components and spiritual intelligence



Measures: -

The Spiritual Intelligence Self – Report Inventory (SISRI – 24)

Developed by King, the SISRI-24 is a 24 item self-report measure designed to measure a person's level of spiritual intelligence. This questionnaire has 4 dimensions, namely the existence of critical thinking, the creation of personal meaning, the passing of awareness and the development of consciousness. All items in the questionnaire is measured on 4-point Linkert scale which is- not true at all of me, not very true of me, somewhat true of me, very true of me, completely true of me. The spiritual intelligence self-report inventory has a good internal reliability. A study was conducted by Anbugeetha (2015) to analyse the reliability of SISRI in Indian scenario. Cronbach Alpha was calculated as 0.88 for the scale.

Flourishing Scale

Developed by Diener et al., the Flourishing scale is a brief 8-item scale aimed to measure the respondent's self-perceived success in important areas such as relationship, self-esteem, purpose in life and optimism. The scale provides a single psychological well-being score. A scale of 1-7 is used to indicate the response for each statement of the scale. The responses are strongly disagree, disagree, slightly disagree, neither agree or disagree, slightly agree, agree and strongly agree. The scale has good result consistency. Cronbach's alpha is calculated to be 0.86.

Mindful Attention Awareness Scale

Developed by Brown and Ryan, Mindful Attention Awareness Scale is 15-item scale designed to assess core characteristic of mindfulness – a receptive state of mind, sensitive awareness of what is occurring in the present, simply observing what is taking place. A 1-6 scale is used to indicate the frequency of the experience mentioned in statement. The responses are almost always, very frequently, somewhat frequently, somewhat infrequently, very infrequently and almost never. The scale has good result consistency. Cronbach's alpha is calculated to be 0.76.

Statistical Techniques

- Descriptive Statistics – Mean, SD
- Correlation
- Mediational Analysis

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